

EVENT CALENDAR

MAY

07

Tue
6:30pm
to
7:30pm

DIY Dehydrated Backpacking Meals

by Erin, Forage Nourish Repeat

Tired of bland, overpriced dehydrated meals on the trail? This class will empower you to create your own delicious and healthy backpack meals from scratch! Learn the secrets of dehydration to preserve flavor and nutrients, all while saving money and reducing waste. These are also great for Emergency Preparedness Meals or a quick go-to on busy nights for a nutritious meal fast!

MAY

30

Thu
6:30pm
to
7:30pm

DIY Dehydrated Camping Breakfasts/Snacks

by Erin, Forage Nourish Repeat

Calling all campers, hikers, and backpackers who crave flavorful on-the-go Breakfasts & Snacks! You won't want to miss out on this one! Recipes and techniques will be shared! This class is also perfect for anyone interested in ditching processed food options and learning food preservation techniques.

MAY

18

Sat
2:00pm
to
3:00pm

Feed Your Brain

by Susan Gamby Sponsored By: Natural Grocers

Do you find it hard to concentrate or focus? Feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? There are foods that can help! Learn how to incorporate these foods into brain (and overall health) friendly meals by attending this cooking demonstration.

JUN

04

Tue
6:30pm
to
7:30pm

Unleash the Wild Side of Stir-Fry!

by Erin, Forage Nourish Repeat

Ever craved an exciting twist on classic Asian stir-fry? Join our unique cooking class and discover the wonders of incorporating **wild greens** for a burst of flavor and fresh adventure! This class will feature Teriyaki Pork & Asian Greens.

MAY

25

Sat
2:00pm
to
3:00pm

Healthy Skin and the Sun

by Susan Gamby Sponsored By: Natural Grocers

Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It's never too late. You can have it all: fun in the sun and healthy skin! All it takes is a good mineral sunscreen, nutritious food, and a bit of supplement savvy and away you go!

JUN

15

Sat
2:00pm
to
3:00pm

Quick Class: Everyday Essential Oils for Health

by Susan Gamby Sponsored By: Natural Grocers

Essential oils are enjoyable, versatile, and natural products with a multitude of uses beyond their scents alone. Discover the basics of how essential oils support health and learn how to build your own essential oil kit.



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